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## World Methodist Call To Prayer and Fasting and to Faith-Sharing

The 2001 World Methodist Conference in England, called upon Methodists around the world to “follow the *Wesleyan Pattern of Prayer and Fasting*, focusing on spreading the gospel of Christ Jesus through *word, deed and sign*” by participating in the same weekly fast which John Wesley observed most of his life. Congregations in the Methodist Movement were called to “celebrate *Pentecost as Making Disciples Sunday*.”

Because of this commitment, Methodists in 130 countries go without solid food after their evening meal each Thursday until mid-afternoon each Friday. This time of fasting is focused in prayer for the vision of World Evangelism — *to see the Methodist movement alive, vibrant, growing and yearning to spread the good news of Christ Jesus in a world that so desperately needs healing, hope and salvation.*

You and your congregation can become a part of this important movement. Simply begin your prayer and fasting covenant this week! Pray for *Faith-Sharers* to “Offer Christ Today” and for a *worldwide Pentecost*.

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### FASTING

Fasting is a significant part of the Christian experience. Jesus fasted and prayed for forty days and taught his disciples to fast. First century churches fasted twice weekly. The Methodist Societies continued to observe the fast days of the Church of England and John Wesley wrote, “*When you seek God with fasting added to prayer, you cannot seek His face in vain,*” and “*I advise you to keep...a day of fasting and prayer.*”

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## THURSDAY EVENING PRAYER

To you, God, we offer the coming day's devotion of prayer and fasting. Thanks be to you for the example of Jesus. Grant that we may die to ourselves. Make us new in Christ. Feed the starvation of soul, of thought, of will and after the quiet rest of sleep; open our mouths to praise you in the morning. Through Christ your Son, our Light and our Strength. *Amen*

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## MORNING PRAYER

How great and gracious you are, God the Father, the Son and the Holy Spirit! We pray for your world — for righteousness, justice, peace, healing, hope and salvation. May the whole world know amazing grace and salvation through Jesus Christ our Lord, the Savior of the world. We dedicate today to the glory of your grace, to the good of your children, in the power of the Holy Spirit and in Jesus' name. *Amen*

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## MEALTIME PRAYER

Thanks be to you, God, for all your gifts, and especially those we shall not enjoy today. Thanks be to you for the inner nourishment of your presence and for new vigor in our prayer through this sign of fasting. Thanks be to you for family, children, friends, neighbors, near and far. Thanks be to you for Jesus, Bread of Life. *Amen*

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## PRAYER FOR BREAKING FAST

To you, God, we have offered this day of prayer and fasting. We pray for a worldwide Pentecost. Through the gift of your Holy Spirit empower us to be faithful Faith-Sharers of the good news of Christ Jesus. Grant the power of your Holy Spirit that we may serve you faithfully in the world through Jesus Christ our Lord and Savior. *Amen*

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